

# ABSTRACT

A golf stroke practicing aid which includes a target adapted to be struck by a golf-club, guiding means  
5 for constraining the target to move in a substantially horizontal orbit when struck, and measuring means for measuring the initial speed of the target when struck. A processing circuit is configured to determine a notional total distance that the target should travel in its orbit  
10 corresponding to said initial speed, and a motion controlling system serves to control the movement of the target in its orbit when struck such that the target actually moves a total distance which is substantially the same as the notional total distance.

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